SENIO GAMES Official Application



"You don't stop playing because you grow old, You grow old because you stop playing!"

April 12 - 26, 2008

Early registration deadline: Friday, March 14, 2008 Final registration deadline: Friday, March 28, 2008 Opening Ceremony and SilverArts Showcase: Saturday 4/12, 2008 For more Durham Senior Games information, call (919) 688-8247 ext. 121



Sponsored by the City of Durham Parks and Recreation Department in coordination with the Durham County Health Department, Council for Senior Citizens, NC Cooperative Extension, HUMANA, the YMCA of the Triangle, St. Joseph's Historic Foundation at Hayti Heritage Center, RSVP, Triangle Lifeline, and Durham Department of Neighborhood Services.



Durham Senior Games

Durham Parks & Recreation 101 City Hall Plaza Durham, N.C. 27701 (919) 560-4355

Greetings!

For Seventeen years, the Durham Parks and Recreation Department has coordinated the Durham Senior Games. We are very excited about this program and greatly appreciate the support of over a dozen major businesses and agencies! Durham County Health Department, Durham Department of Neighborhood Services, NC Cooperative Extension, the Council for Senior Citizens, HUMANA, the YMCA of the Triangle, Triangle Lifeline and St. Joseph's Historic Foundation Hayti Heritage Center are among the many agencies that have partnered with us throughout the years.

For the past five years, we have seen outstanding growth and now serve over 200 athletes and artists in over 30 sports/events and 20 art forms. We hope that you will be able to join us, and if you are already a part of the Durham Senior Games family, we hope you will stay involved!

Whether you are a serious competitor or choose to participate only for the enjoyment of being involved, we have a place for you. So come on, bring your friends and family and join us for the 2008 Durham Senior Games! Our competitions are held annually during the month of April, and we offer many ways to be involved throughout the year.

Thank you for your support, and best of luck in the Games!

Allison Hubbard DSG Coordinator

General Information

WHAT ARE DURHAM SENIOR GAMES MISSION AND GOALS?

This program is sanctioned by North Carolina Senior Games, Inc. NC Senior Games is sponsored statewide by the North Carolina Division of Aging.

The Program Offers:

- a year round wellness program for persons 55 years and better that began in 1984
- opportunities for participation in sports, arts and social activities
- a chance to make new friends and renew old friendships

WHO IS ELIGIBLE?

To participate in the Senior Games you must be 55 years of age or better on or before December 31, 2008. Proof of age may be required upon request. Participants must be a Durham County resident for a minimum of 3 consecutive months of the year. All team and doubles events and SilverArts are open to individuals outside of Durham. However, at least 50% of the group/team must be a resident from Durham County.

For sporting events, men and women compete in separate categories in the following age brackets based on age as of December 31, 2008.

55-59	60-64	65-69	70-74	75-79
80-84	85-89	90-94	95-99	100+

SilverArts competitors are not divided into categories based on age or sex.

In doubles and team events the age of the youngest player is used to determine the age group for competition. No substitute partners are allowed. You must compete with the partner indicated on the Official Entry Form.

HOW DO I ENTER?

- 1. Durham Senior Games must **RECEIVE** your Official Entry Form by **5 p.m. on Friday, March 28, 2008.** The deadline is strictly enforced in fairness to all participants. Late entries will be returned if received after **March 28, 2008.**
- 2. Pick up a registration form from the following locations:
 - Durham Parks & Recreation Main Office (400 Cleveland St.)
 - Durham Center for Senior Life (406 Rigsbee Ave.)
 - W.D. Hill Recreation Center (1308 Fayetteville St.)
 - I.R. Holmes Sr. Recreation Center at Campus Hills (2000 Alston Ave.)
 - Edison Johnson Recreation Center (600 Murray Ave.)
 - Downtown YMCA (215 Morgan St.)
 - The Community Family Life Recreation Center at Lyon Park (1309 Halley St.)
 - Council for Senior Citizens Satellite Sites (call 688-8247 for locations)
- 3. All participants must complete and sign the Official Entry Form
- 4. Athletic and sporting event participants must also complete the **Events Registration Page**
- 5. SilverArtists must complete the SilverArts Registration Page
- 6. Enclose check payable to: City of Durham
- 7. Mail your entry form to:

Durham Parks and Recreation Attn: Durham Senior Games 101 City Hall Plaza Durham, North Carolina 27701

ENTRY FEES

Early bird deadline: Friday, March 14, 2008
Final Entry deadline: Friday, March 28, 2008
Early bird fee: \$12 (not incl. Golf & Bowling fees)
Entry fee: \$15 (not incl. Golf & Bowling fees)

WHAT DO I RECEIVE?

• As a participant, your entry fee includes a Durham Senior Games t-shirt, a keepsake, and sponsor giveaways.

Pick up registration packets: Thursday, April 10 from 11a-2p at Center for Sr. Life
 Friday, April 11 from 11a-2p at St. Joseph's Hayti Heritage Center (804 Old Fayetteville)
 Saturday, April 12 at Opening Ceremonies

WHAT ABOUT AWARDS ON LOCAL AND STATE LEVEL COMPETION?

Medals are awarded to the first, second and third place finalists by division for all events except the SilverStriders Fun Walk. Winning a gold, silver or bronze medal in sanctioned athletic events will qualify you to represent the Durham Senior Games at the NC Senior Games State Finals competition. For Visual and Heritage Arts, winning a gold or silver medal will qualify you to represent Durham Senior Games at the NC Senior Games State Finals. Gold medalists in Literary and Performing Arts Categories will qualify to compete at the NC Senior Games State Finals. Durham Senior Games will not release awards to anyone other than the winning participant. Persons who qualify for State Finals will be given the registration information at the Closing Ceremony or it will be mailed. Persons wishing to compete at State Finals must submit their entry by August 1, 2008.

IMPORTANT INFORMATION

- You will receive a written confirmation from Durham Senior Games upon receipt of your entry form. If you have not received your confirmation within two weeks of mailing your entry, or by April 4, you must contact the DSG Office at (919) 688-8247 ext. 121 to verify that your entry form was received.
- Durham Senior Games officials reserve the right to cancel any event or combine age groups because of insufficient registration.
- No events will be delayed for latecomers. Match time is forfeit time and refunds will not be granted for no-shows.
- The safety and sportsmanlike conduct of everyone is of paramount concern. Durham Senior Games officials have the authority to disqualify, and/or remove from current and future Durham Senior Games programs anyone who exhibits inappropriate behavior or a condition of medical concern.

WHAT IF IT RAINS?

Durham Senior Games officials reserve the right to cancel or postpone events due to inclement weather or unusual or extenuating circumstances. There will be no refunds for cancelled or postponed events. We have set rain dates for most events and will make every effort to follow the established Games schedule. Come prepared for all types of weather. Call (919) 560-4355 ext. 308 during the Games for a recording of any schedule updates.

WHERE CAN I TRAIN?

Many training opportunities are available. For a list of DSG Clinics and Workshops, call (919) 688-8247 ext. 121. For sports training at the Downtown YMCA, call Brenda Osborn at (919) 667-9622.

MISSION OF SENIOR GAMES

Senior Games is a wellness and prevention program to keep the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers.

Durham Senior Games Official Entry Form

(Please print clearly or type)

☐ I am a new ☐ I am a retu	participant rning participant				
First Name	Middle Initial	Last Name	Age as of Decembe	er 31, 2008	Date of Birth
Street Address	ddress City/State/Zip Code				
Telephone #	Email	Address		Sex: Fema	le 🗆 Male
My Ethnicity:	☐ African American	☐ American Indian	☐ Hispanic	□Whi	te
My annual household income is less than \$11,000 (1 person in household). My annual household income is less than \$16,000 (2 or more people in household) Yes No (If you would like a scholarship application, call the DSG Office at 688-8247 ext. 121.)					
T-Shirt Size	ize below (shirts in 1 2: Small	men's sizes) Medium	□ Large □	X-Large	□ XX-Large
In consideration of being allowed to participate in any way in the 2008 Durham Senior Games athletic/sports program, and related events and activities, the undersigned acknowledges, appreciates, and agrees that: 1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEE or other, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next to kin, HEREBY RELEASE AND HOLD HARMLESS THE <u>Durham Senior Games</u> , their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, volunteers, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss of damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE. 5. I will not hold Durham Senior Games or its representatives responsible for loss, theft, or damage to SilverArts entries. All entries not picked up at the designated time will become the property of Durham Senior Games. 6. I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following Durham Local Senior Games to determine if I qualified for State Finals, and to get a State Finals Packet. Entry Form must be received in the North Carolina Senior Games office in Raleigh, by					
I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.					
Print	ed Name		Signature		Date

WAIVERS MUST BE SIGNED AND DATED TO PROCESS THIS FORM

By entering the Durham Senior Games, I grant Durham Senior Games and its sponsors the right to use my name, quotes, and any pictures taken of me during the Games without remuneration.

Events Registration

Open Events: All team and doubles events and all group events for SilverArts are open. At least 50% of the group/team must be from Durham County.

I. ENTRY FEE: REQUIRED FOR ALL PARTICIPANTS Early Bird Received by Durham Parks & Recreation ON or BEFORE March 14	\$12.00	\$
Registration Received by Durham Parks & Recreation between March 15-28	\$12.00	\$ \$
If you need assistance with The Entry Fee, please contact 688-8247 ext. 121 and	·	Φ
request a Scholarship Application.		
Silver Striders Fun Walk Hillside H.S	No fee	
	110 100	
II. EVENT FEES REQUIRED IN ADDITION TO THE ABOVE ENTRY F	EE	
Individual Sports		
☐ Archery YMCA Camp Kanata	No fee	
☐ Basketball Shooting Downtown YMCA	No fee	
□ Bowling – AMF Lanes	<pre>#of bowling event(s)</pre>	
\$ 5 per event, includes use of ball and shoes, if needed	x \$5.00	\$
☐ Singles (\$5)		
☐ Doubles (\$5) – Partner's Name Required		
☐ Mixed Doubles (\$5) – Partner's Name Required		
Cycling –Event in Wake Co. call 688-8247 ext. 121 for details	No fee	
☐ 1 mile ☐ 5 K ☐ 10 K		
☐ Football Throw - <i>Hillside H.S.</i>	No fee	
☐ Softball Throw - <i>Hillside H.S.</i>	No fee	
☐ Spin Casting - <i>Hillside H.S.</i>	No fee	
☐ Standing Long Jump - Hillside H.S.	No fee	
Golf - Hillandale Golf Course	\$24.00	\$
Indicate handicap of average score	•	
Low gross winners may advance to NCSG State Finals.		
To qualify for State Finals, golfers need to meet a minimum performance		
score (MPS) and finish in the top 3 in their age group. MPS available		
from your coordinator.		
Track Events – Hillside H.S.	No fee	
\square 100 M Dash \square 400 M Dash \square 1500 M Run		
\square 1500 M Race Walk \square 200 M Dash \square 800 M Run		
\square 5 K Run \square 5 K Race Walk		
(5 K Run Event in Wake Co. call 688-8247 ext. 121 for details)	NT C	
Swimming – Edison Johnson Recreation Center (Swimmers may enter a	No fee	
maximum of 5 swimming events)		
□ 50 yd Freestyle □ 50 yd Breaststroke □ 50 yd Butterfly		
□ 100 yd Freestyle □ 100 yd Breaststroke □ 100 yd Butterfly		
□ 200 yd Freestyle □ 200 yd Breaststroke □ 200 yd Butterfly		
\square 500 yd Freestyle \square 50 yd Backstroke		
\square 100 yd Individual Medley \square 200 yd Backstroke		
☐ 100 yd Backstroke ☐ 200 yd Individual Medley		

Page 1 Subtotal \$_____

NOTE: Minimum fee is \$12.00 or \$ 15.00 to participate

Tournament Sports	Tournament Sports			
☐ Bocce – Event in Wake Co. ca	ll 688-8247 ext. 121 for details			
☐ Billiards – Bailey's Restauran	t			
☐ Croquet – Weaver St. Rec. Cer	nter			
☐ Horseshoes – Weaver St Rec. (Center			
☐ Shuffleboard – <i>Oldham Tower</i>	s Housing Site			
☐ Racquetball - Campus Hill Rec Badminton – Downtown YMCA	No fee			
\square Singles		1.0 100		
	quired			
_	me Required			
Table Tennis – Campus Hills Re	-	No fee		
\square Singles				
☐ Doubles – Partner's Name Rec	quired			
	me Required			
Tennis – Hope Valley Country C	<u>=</u>	No fee		
\square Singles				
☐ Doubles – Partner's Names Re	equired	_		
	uired			
Team Sports		_		
☐ Basketball - Lakewood YMCA	1	No fee		
	-	_		
☐ Softball – Valley Springs Team Name Required		No fee		
Captain's Name Required		_		
Closing Ceremony — Center	for Senior Life	\$8.00 x () = \$		
		Page 2 Subtotal \$		
All refund requests mus	mount Enclosed (Add amounts) Do not send cash. Please make check st be made in writing. Refunds will not b	payable to City of Durham		
Health Information for all Partici This information may be shared w	pants (Optional) vith medical providers for your care durin	g the Games.		
Names of Medications:	Your Medical Conditions:	Please have a list of medications, any medical		
		conditions and allergies, and		
		proof of insurance with you at		
	Your Allergies:	all times in case of any		
	2 002 1200 9000	emergency.		
Bring a photo ID to registration EMERGENCY CONTACTS	on/check-in			
	Phone ()		
Name:)		
rame.	Phone (

SilverArts Registration

Place a check beside the sub-categories you are entering. *You may enter up to seven pieces, with a maximum of two entries per sub-category. Artist contact information will be displayed with artwork at the Exhibition. Check here if you do not want this information displayed. EACH PIECE MUST HAVE A UNIQUE TITLE - "TBA 1, TBA 2," ETC. IS UNACCEPTABLE. **Visual Arts Subcategories** Title ___ Oil _Acrylics Watercolor _Drawing Pastels Sculpture Mixed Media __Traditional Photography (chemically processed)______ *Digital Photography (excluding computer-enhanced)_____ *Please note: Digital Photography is not a category for competition in the N.C. State Games Final **Heritage Arts Subcategories** Title Quilting Needlework __Knitting Crocheting ___Basketweaving _Rugs (hooked,braided,woven) _____ Pottery (hand built & thrown) _Woodcarving Woodturning Woodworking Other Art Forms Unlisted art items: One ribbon awarded for best overall in this category. Only one entry per person. **Literary Arts Subcategories** Title ____Poetry ___Short Story Essay/Article Life Experiences (autobiographical) **Performing Arts** Please check sub-category, number of performers in act and describe performance. Vocal: ___ Instrumental: ___ Dance: ___ Comedy/Drama: ___ Cheerleading: ___ Individual: Group (2-4):____ Group (5 or more):_____ List number of individuals in performance. (Accompanist is considered part of group and must meet age requirement) Name of group/act:_____ Title of performance:

Give a brief introductory statement about your act for use at the SilverArts Showcase:

Durham Senior Games SilverArts Requirements

Eligibility

- All SilverArts entries must be the original work of the artist, must be a work created after the artist is age 55, and must be completed within 2 years of the Local Games' qualifying date.
- Previous SilverArts work will not be considered.
- You may enter up to seven pieces, with a maximum of two entries per subcategory.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be displayed in an area 3'(W) x 3'(L) x 5'(H).
- Senior Games has the right to refuse any or all art pieces that are deemed to be out of character.
- Artist's name and title of entry must appear on, or be attached the back of all entries for identification (see specific guidelines for literary pieces below).
- See category requirements for requirements specific to each category.

Submission

• All artwork in the Visual and Heritage Arts competition must be submitted on **Friday**, **April 11**, **2008** between **11a.m.** and **2p.m.** at the St. Joseph's Hayti Heritage Center, 804 Old Fayetteville St. Literary entries should be sent with registration information and must include 3 copies (for judging). No late entries accepted.

Performing Arts Rehearsal

• The performing arts stage will be open for rehearsal **Friday**, **April 11** at Hayti Heritage Center from **11 a.m. to 2 p.m.** Call the DSG Office at (919) 688-8247 ext.121 to reserve a time.

Judging

- Judging will be closed to the public.
- Judges will not see identifying information on Visual, Heritage or Literary artwork.

SilverArts Showcase

- The Performing Arts Competition will take place Saturday, April 12 at the Hayti Heritage Center, 804 Old Fayetteville St. around 11:00am. Participants should arrive by 10:30 a.m. in order to receive important stage directions and prepare to go on!
- All Visual, Heritage and Literary Artwork will be on display Saturday, April 12 from 10 a.m. to 1 p.m. at the St. Joseph's Hayti Heritage Center, 804 Old Fayetteville St.

Awards Ceremony

• Winners in the Literary, Visual, Heritage and Performing Arts categories will be recognized during the SilverArts Award Ceremony after the Showcase, between 11:30a.m. and 12 p.m.

Artwork Pick-up

• All artwork must be picked up following the SilverArts Exhibition, Saturday, April 12 between 1:00-2:30 p.m. Items not claimed during the stated time will become the property of Durham Senior Games.

Category Requirements

Heritage Arts

- Entries must be the work of the individual and should not be a group effort.
- Entries must be original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- Framed works can be no larger than 36" x 42", including the matting and frame.
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- The Heritage Arts piece entered at the State Finals must be the same piece that won at the Local Games.

Literary Arts

- All entries must by typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. The work must be a minimum font size of 10-point type.
- Poems can be no longer than 40 lines.
- Short stories, essays and life experiences can be no longer than 8 pages, typed and double-spaced.
- All entries must have a title page, which includes title of work, sub-category and name of artist.
- The artist's name should not appear on the content pages.

Visual Arts

- All artwork, except sculpture, must be framed, securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 35" x 42," including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Freestanding entries must be able to be displayed in an area 3' (W) x 3' (L) x 5' (H).
- The art piece must be an original work, not a print.
- If on-site assembly is required, details must be specified on the information form for SilverArts prior approval.

Performing Arts

- An artist may have only one entry in each sub-category. This means that an artist could participate in a group and individual performance in a sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing begins with the first note of music or the first movement visible to the audience and ends with the exit of the last performer from the stage or final movement of the act.
- Performing entries may be one of the following: a) soloists, b) small groups (2-4 performers) or c) large groups (5 or more performers). Accompanist (s) will be counted to determine size of act. No one under age 55 will be permitted on stage and each accompanist must be a registered participant.
- Voice presentations must be a live performance by the artist. Background music can be taped. Lip-synch is not permitted as a performing art.

Special Events

Opening Ceremony and SilverArts Showcase

This exciting event will take place on **Saturday April 12 at 10 a.m.** at the **St. Joseph's Historic Foundation Hayti Heritage Center, 804 Old Fayetteville**, with the SilverArts Showcase, torch lighting, entertainment, food, and special guests.

The SilverArts Showcase is a part of the Durham Senior Games and provides competition in Literary, Visual, Heritage and Performing Arts. The purpose of SilverArts is to celebrate the creative spirit of older adults through competition. All SilverArts events will be held at St. Joseph's Historic Foundation Hayti Heritage Center, 804 Old Fayetteville Street, April 12 from 10 a.m.- 1 p.m.,. Artwork will be displayed from 10:00 a.m. to 1:00 p.m. The Performing Arts Competition will take place at 11:00a.m. An Awards Ceremony and Reception will be held after the Performing Arts Competition beginning around noon. Admission is free! For more information, contact the DSG Office at (919) 688-8247 ext.121.

Don't miss this festive event!

SilverStriders Fun Walk

A non-competitive, 1-mile recreational walk will take place at Hillside High School on the day of Track and Field events, Wednesday, April 16 at 10 a.m.

Closing Ceremony

The Closing Ceremony will be held at the Durham Center for Senior Life (406 Rigsbee Avenue) on April 26, from 11:00 a.m. – 2 p.m.

This Closing Ceremony will include performances by SilverArts artists and demonstrations and opportunities to try out some SilverArts arts/events and Senior Games sports/events.

We will also distribute NC Senior Games State Finals entry forms for eligible athletes and artists. If you are unable to attend, your information will be mailed to you after this event.

All of this Fun, Fellowship, Food and entertainment is offered for \$ 8.00 per person. Please indicate the number of tickets you are purchasing where indicated on the Entry Form.

SENIOR GAMES SCHEDULE APRIL 2008

Saturday 12
Opening

Opening Ceremony & SilverArts

10:00 am-1:00 pm Hayti Heritage Center (804 Old Fayetteville St)

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
Basketball Shooting 9:00am Downtown YMCA	Badminton 9:00 am Downtown YMCA	Track & Field Events 9:00 am Hillside High School	Golf 8:30 AM Hillandale Golf Course	Horseshoes Men 9:00am Women10:00am Weaver Street Recreation Center	Softball 1:00 PM Valley Springs Park
Basketball 3 on 3 6:30pm Lakewood YMCA	Billiards 12:30pm Bailey's Restaurant (105 Ram's Plaza, Chapel Hill)	Fun Walk 10:00am Hillside High School	Tennis 1:00pm Singles 2:00pm Doubles Hope Valley County Club	Croquet 11:00 AM Weaver St. Rec Center	*Track & field rain date
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
Shuffleboard 9:00 am Oldham Towers	Archery 10:00 am YMCA Camp Kanata	Table Tennis 9:30 am IR Holmes Sr. Recreation Center @ Campus Hills	Swimming 1:00pm Edison Johnson Rec Center	Bowling AMF (Chapel Hill Blvd.) 9:00 am Singles 11:30 am Doubles	Closing Ceremony 11:00am – 2:00pm Durham Center for
	Racquetball 10:30 am IR Holmes Sr. Recreation Center @ Campus Hills			1:00pm Mixed Doubles	Senior Life (406 Rigsbee) Remember to purchase tickets!
	*horseshoes, croquet, tennis, & softball rain dates	*golf rain date	*shuffleboard rain date	*archery rain date	